THE TIMES DAILY MAGAZINE PAGE

Many Applications of True AMMUNITION Science Are to Be Found In Every Modern Household

Many Appliances Used in the Home Are Based on Physics. Labor Savers Can Be Utilized to Greater Advantage If Principles Are Known.

By MRS. CHRISTINE FREDERICE

F those who consider housework will be able to use these tools more introducery would only stop a moment to think how many applications of true science are found in the home, perhaps they would change their opinions. Physics is a subject which most people think of only in connection with high school or college courses, but a giance at many appliances used in the house will show how very many of them are based on principles of physics.

One of the first and most important laws in physics is the law of the lever. We find this principle of the lever. We find this principle of the lever and the principle of the lever and the principle of the lever. We find this principle of the lever are nutracker, the tack-lifter, the pump, or even a pair of acissors, fork or knifes in all of these articles, the force applied by the hand is increased by the help of the tool itself. For instance, in the case of the tack-hammer we are tain amount of force, say ten pounds. The case of the tack-hammer accratin amount of force, say ten pounds. The case of the tack-hammer accratin amount of force, say ten pounds. The case of perhaps 120 pounds directed to pull out the tack. The same way with a nuteracker. The amount of force we exert on the handle of the cracker is increased so that a great deal more is exerted on the nut than it we handle is increased by the hand.

The lemon squeezer is another common example of the lever in a household tool. By applying force or "squeeze" on the handle, very much more weight or pressure is put on the lemon than if we squeezed it by hand. There are many other examples of the lever much lemon than if we squeezed it by hand. There are many other examples of the lever will be a greater understands the dever wall in the cole and helpful angle. Physics and many times uninteresting attitude the proper relation to the successful use of the cole. If a handle is grabbed very near the tip or end, less grabbed very near the tip or end, less grabbed very near the tip or end, less grabbed very near the tip or end,

(Copyright, 1915, by Mrs. Christine Frederick.) F those who consider housework will be able to use these tools more indrudgery would only stop a moment telligently when she understands the

ADVICE TO GIRLS By Annie Laurie

Dear Annie Laurie—We have just formed a club of young people. The girls' ages average sixteen years. We have just discovered that one of the boys is married, though he does not live with his wife. Do you think he should be kept in the club?

Kindly tell us what to do, and we will act on your advice. ANXIOUS MEMBER.

THINK it would put your club on a better basis if you did not allow the young man to retain his membership. You could say, as your excuse, that you don't want any married people as fact from you at first, he only is to

The excuse that he is not living with his wife will not justify you at all He is none the less married because he does not live with her. If he were thrown into an intimacy with some of your members trouble

Dear Annie Laurie:—I wish to supplement a few details which "Dorothy" evidently overlooked to mention in her letter to you. The "ideal man" has been divor-ced from his wife for cruel and ced from his wife for cruel and abusive treatment, also has a son sixteen years of age whom he ignores, passed as a single man with Dorothy's parents for one year and when asked to cease his attentions refused. The said Dorothy, after her parents had placed her in a position to earn her living and incidentally help with her small brother and sister, deserts her family and has had no communication with them for over a year, never comes to see her

communication with them for over a year, never comes to see her mother, but still continues going out with this "ideal man." Until she was twenty-one years of age she was an ideal daughter, but the man seems to have hyp-notized her. He is not her equal in education or precuing, which he acknowledged to her

Now, Annie Laurie, I wonder if your advice would be the same, knowing this. Imagine a mother who has devoted her every thought to her children, then one of them of whom she does not know where she is or what she is doing. Death would be a mercy.

DOROTHY'S MOTHER.

of course. Dorothy did not tell me any of the things you have included in her letter. You will remember that the facts she gave were her age and the statements that the man was fifteen years her senior and of good habits She inquired whether she should give the man up because he was so much older than she.

Basing my reply on the story as Basing my reply on the story as

she told it, it surely would seem as if there were nothing to object to in the man and I do not think you can blame me for my point of view. Most assuredly I should not have given the advice I did if I known the truth, but how could I have known when the facts were deliberately misrepre-

I hope Dorothy sees this new reply to her query, taken from the additional information you have supplied. To begin with, any man who has been divorced from his wife on the grounds named should never be considered as a prospec-tive husband. What he has done tive husband. What he has done once he may repeat. Next, there comes his deceit. Any man who declared that he was unmarried to cover the fact of his divorce should be regarded as unreliable and deceitful. Other things he says or does cannot be taken seriously if he has attempted to conceal a most important feet.

ously if he has attempted to con-ceal a most important fact.

Dorothy's infatuation for the man has made her devoid of all sense of obligation. For this she has sloughed off all responsibility of contributing to the support of her younger brother and sister and made it a possibility that they will be denied the advantages she has enjoyed. enjoyed.
Only contrast this with Dorothy's

Only contrast this with Dorothy's story of loneliness, of the man's honor and good qualities! Trust a mother to fight for the good of her child, even though that child has been most ungrateful. Go back to your people, Dorothy, and ask your mother's forgiveness. Refuse to have anything more to do with your middle-aged coward, for he is a man afraid to face the responsibility for his actions. sibility for his actions.

Dear Annie Laurie: I am a young man. I met a girl a year ago and I took a fancy to her as soon as I met her. I have gone with her quite a good deal during the last year. I sincerely believe I loved her, but the question is she doesn't love me. She seems very sweet at times and again when I go to see her she seems so cold. How can I make her love me?

A. W. L.

You may reply that "actions speak louder than words," but try the words for a change. There are exceptions to every rule.

opy't, 1915, by Newspaper Feature Service. quiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

How can you tell how she feels until you ask her She may have deliberately adopted a policy of apparent indifference to deceive you.

Miss Laurie will welcome letters of in-

The Woman of Tomorrow

(With apologies to Kipling.) If you can keep your head when others praise you. Or, haply, point out flaws in all you

If you can calmly trust when others doubt you And make allowance for their doubting, too;

If you can keep your courage high, and bravely Go on with all the tasks that come

your way; Or march along in face of sad disor march along in face of sad dis-aster

And change the darkling night to light of day;

If you can hide your heart-break and your sorrow,
and help some weaker soul along the road;

If shifting over your familiar bur-

den lighten cheerfully another's lond; If you can help a stumbling, sinning, sister— Nor look with scorn upon her past mistakes; If lovely, working mothers by your afforts Fresh courage gain for little chil-

dren's sakes;
If home is held forever dear and sacred
Remembering 'tis there the nation's bred;

If country's honor and your duty to Allegiance hold of heart and hand and head; If riches and prosperity can't spoil Nor poverty make hopeless all your

Nor poverty make hopeless all your life;
If love shall ever brighten your horizon
And shut out all discouragement and strife;
If you can dream and make your dreams uplift you;
If you can live religion every day;
If you can see the things you've given your life to.
Go wrong and still keep steady on the way:
If you can leave behind you all the grudges grudges
And petty jealousies and hatreds
and all such;
If you can mix with crowds on
friendly footing;
Or walk with kings, nor lose the common touch

If you can meet the everlasting mo-As if 'twere happiest fortune drawing near;
-You'll own the earth and everything upon it— e Woman of Tomorrow will be

here:

-By Helen M. Winslow.

Read before the recent convention tion of the Vermont Federation at St. Albans, Vt. Written primarily for the College Club of Boston.



tion is a secret, and the ways of its use are won- SAID to be perfectly sure. derful. Of course you know about the powder. But It must be very distressing to any one who has it seems that nowadays you can't win this sort of been VERY careful about these things to have some conflict with powder alone. There are lots of other one win a beauty battle with no ammunition at all!

weapon is BEAUTY you must, of course, have the lot before a perfectly honest mirror. If the strategy mmunition for beauty. But MOST of this ammuni- is worked in just the correct way the results are

Since Her Boy Was Married

How the Mother of the Newly-Married Son Feels About the Great Adventure.

> By WINIFRED BLACK. (Copyright, 1915, by Newspaper Feature Service, Inc.)

the woman I know-and the eldest son, at that, and she's so excited about it she doesn't know what to do-and she won't give her friends time to advise her.

There wasn't much of a weddingmother wanted one, but the bride didn't, and neither did the groom, so there were just a few friends and a few simple flowers and a few foolish jokes and a few happy tears-the baggage man, the trunk checks, the ticket for the steamer-and they were gone-gone out into the great world to follow the long road-together.

Gone, the boy who had been the care of his mother's heart for so many years -gone the girl who was the life of her father's eyes and the song in her mother's home-gone-together-for better, for worse, for richer, for poorer, in sickness and in health-and everybody wondered why the mother of the groom cried and why the bride's mother looked as if it took all her self-control to keep back the tears.

The bride's mother went home and so

did the bride's father, and now, we who are left, are bearing with the groom's mother as best we can—and she is some-thing of a burden to her friends just now—there's no mistake about that.

and in the open fireplace—and, pough, you can get wood for fairly nothing.
Flowers—why the bungalow yard is and in the open fireplace—and, pough, you can get wood for fairly nothing.

Flowers—why the bungalow yard is just a mass, a perfect mass—pansies, and lilies, and roses and poppies—why, you never heard of such a thing, and such wonderful colors they are, too—probably something in the mountain air. And the bungalow itself is brand new and so pretty and convenient—you can't even believe it. Why, there's a built-in closet for the best china, and there are two wall bookcases in the living room, and there's a honeysuckle vine growing so thick by the bedroom window that some of it will have to be cut out before the summer's over—as sure as you live.

And, what do you think—they've put in a garden and are going to raise their own vegetables—she just loves to work

On the opposite side of the street told her what was the matter with the biscuit when she didn't put enough baking powder in the flour.

And, oh, it's all so wonderful—so so heautiful—so amazing, that careless, good-humored, light-hearted, heedless boy, and that frivolous, laughing, pretty girl—a man and a woman—now—to gether:

Mcther is so happy she can hardly sleep, so happy that she wants to pray, so happy that it's all she can do to keep from crying.

For it sail true, after all—the great illusion—the great adventure—all true, even though it's over for her.

She's young again, she's in love again, she's happy again, and all the world is a paradise—again—to her.

the give deverybody's been so kind and so sweet—isn't it wonderful? And she's been inside in the East—and he has all he can do to keep his face straight. You can buy fish straight from the fishermenthe for next to nothing, my dear—and the for next to nothing, my dear—and the finity and gray and gray.

In the garden, and it will be the best think in the garden, and it will be the best think, you know, when he gets home from down town—at first they thought they'd keep chickens, but the neighbors had gardens, and so they thought they'd better not, and everybody's been so kind and so sweet—isn't it wonderful? And she's been invited to belong to the Woman's Club, and everybody asks him his opinion concerning politics throughout the State and what he thinks of the financial situation in the East—and he has all he can do to keep his face straight. You can buy fish straight from the fishermen—the for next to nothing, my dear—and the for next to nothing, my dear—and the hunters bring game right into town—why it's like ploneer days all over again—and they want her to hurry up and come and visit them.

A Glad "Mistake." She's had the sweetest letter from the bride telling her what a good mother she must have been to make her son such a perfect dear. And one from the groom, saying he thought he knew the bride pretty well before they started in to housekeeping, but now-if mother could only see her and sit down to the table with them-for breakfast or for dinner, either, for that matter-always flowers on the table and coffee made ex-actly the way he likes it, and every-thing hot and hot, and she's doing it all herself. The other day he came

mother as best we can—and she is something of a burden to her friends just now—there's no mistake about that. She stops us in the street—she comes and leans on the back gate, she calls up on the telephone—and tells us the news—from "them."

It was "him" before—and now it's "them."

The New Home.

They went to a new town, in a new part of the country, and, bless your heart, we know more about the mayor of that town and the leading minister and the best grocer, than they dream of—up there in the mountains where "they" live.

We have the price of meat and we can tell to a grain how much sugar you can get for a dollar; there's electricity there, but they burn wood in the stops and in the open fireplace—and, pough, you can get wood for fairly nothing.

Flowers—why the bungalow yard is just a mass, a perfect mass—pansies, in the four.

actiy the way he likes it, and every-thing on that and hot, and she is doing it all herself. The other day he came home and found her rinsing out the napkins and towels, and he had to be really stern before she would promise to send them straight to the laundry, and they're going to save so much a week, every single week—and they wouldn't run a bill for anything on earth—and the quecrest thing about it all is, nobody even dreams that they are bride and groom.

Can you picture it?—everybody thinks they've been married for years and years—only they're young looking—but that's nothing these days—the way people dress and all. Their neighbors are all perfectly lovely—young married people, too, don't you know, and the right-hand neighbor has been in to borrow butter, and the left-hand neighbor came in for some salt, and the one on the opposite side of the street told her what was the matter with the biscust when she didn't put enough baking powder in the flour.

Dainty and trim and gay. One was taken by loving hands, And played with the livelong

And played with the livelong day—
Loved and kissed till sticky and soiled.
Laces all grimed and torn.
Legs and arms a total wreck,
Golden curls all shorn.

When the moon shone in thro' the cuitain white
It touched the huddled heap
Of the little lov'd doll upon the

Of the little lov'd doll upon the floor.
Sleeping its last, last sleep.
And the doll on the shelf, all covered with dust.
Smiling and lone and whole.
Sighed till the rubber that joined her groaned,
"For that, I would give my soul.
Oh, to be loved as you were, my dear;
Ch. the joy of your glorious day'
While I, neglected, will sit right

here
Till I molder and rust away."

-Margaret G. Hayes in Philadelphia
North American.

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By Will Nies How We Swallow Our Food; Why Gluttony Is Harmful To Mechanism of Stomach

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The two main plagues of human kind are too much food and too little. Each has besotted end infatuated, hungered and destroyed myriads of sue activities once described as 'reflex good people. Yet here are two dis- nervous phenomena"which are now unitinguished and universally known American physicians, one of whom hitches his wagon to the former, the other dancing attendance upon the contradictory.

Swallowing a Vital Act.

The act of swallowing may be inaugurated by the will, but for the most part it is carried on without regard to the will. The great physiologist, Magendie, divides swallowing into three stages -the entrance of food into the mouth and upon the palate, and its passage backward by means of the tongue; next its motion from the palate to the beginning of the oesophagus; then the involuntary, serpentine, worm-like crawl through the oesophagus.

Commonly, food must be moist and upon the tongue before the first impulse to swallow is initiated. From this point on both air and pabulum must pass simultaneously, so delay is dangerous. The upshot of this is a catapultilike movement of the victuals to send them quickly into the waiting oesophagus.

The muscles of the floor of the mouth—
mylonvoid muscles—are most concerned with this mutiple motion. Like a silingshot it thrusts the food into the occophagus. The chewed, damp lump of food lies on the back of the tongue like

By DR. LEONARD KEENE HIRSHBERG.

BY DR. LEONARD K.EENE HIRSHBERG.

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BEFORE me rests a scholarly food enters the oesophagus it makes its exodus into the stomach. If it is too lumpy, dry or irritating it may fail for a time to nass the lower "osphineter" or clutch muscle of the oesophagus. Burning medicines, pepper and "hot stuff generally may at times be felt trying literally to enter by torch and flame. This is the point where children who swallow live and other caustics because they are not constantly watched and kept away from such poisons, have serious, if not fatal, scars and burns.

You will agree with both of them Academically with the latter. Both were about as right as our old friend, Rabelais, who said: "I drink moderately, no more than a sponge," or as telly, no more than a sponge," or as atterned to the behavior of those lowly creatures which swallow their food simulation," as most physiologists do, is to totally simple the behavior of those lowly creatures which swallow their food simularly to human creatures, yet have no such mechanism as "nerves" and "reflexes."

Particular Stomach Irritants,

Two contradictories cannot be true. On this problem both the eminent heads of medical schools are wrong. This is abundantly proved by facts. Gross overeating can by no stretch of sanity be maintained as a healthgiver, and surely too little food cannot make for strength and vitality.

Particular Stomach Irritants.

Such flimsy use of words also fails to take into account the many human tisversally agreed to be independent of anything but the native mystery called vital chemistry. The heart muscle, the white blood corpuscies, the very gray matter of the brain are only a few of such living automatic actions.

While it is true that messages can be sent via the wireless nerve tendriis to distant points—thus the removal of a few inches of an animal's oesophagus and its worm-like motion will in due time appear in the portion left attached to the stomach—nevertheless, this is unnecessary, even for the destruction by a special poison of all the nerves in the oesophagus, does not stop the wave-like motions imparted to it by foods.

The human stomach differs considerably from the so-called "compound stomachs" of ruminant animals. The camelia stomach famous in some and

camel's stomach, famous in song and story mostly for its lack of human com-petitors, is an example of these. Even man's stomach has its parts.

The entrance is called the "cardiac" part, because it is behind the heart. Bulging to the side of this is the "fundus" or bay. This is the blind, rounded end to the left of the "cardiac" entrance. It points toward the spleen.

Between this and the exit of the stomach into the "duodenum" or intomach into the "duodenum" testines the stomach makes a wide U-shaped loop to the right. This in-termediate region of the stomach is the

most delicate, sensitive and susceptible portion of the gastric anatomy.

The so-called "hour glass" stomach cuts off as if by a loosely-pulled string the pyloric end of the stomach from the other two-thirds. Scars, ulcers, cancers, tumors, infections and other gastric maladies may incite this condition. maiadles may incite this condition.

Overeating, "white-nighting," lobster-palacing," hotel living, fancy dishes, tobasco, paprika and the other varieties of high seasoning condiments, all
nag and irritate the stomach to the

Answers To Health Questions

the tonsils effects a cure.

Mrs. J.-I would like to know if an electric vibrator is advisable for a soft bust. If not, what would you suggest?

I do not think it would do any harm nevertheless, you might try massaging with olive oil for ten minutes each night. This is easy and inexpensive. Eat lots of oily, hot, greasy, starchy, and well-seasoned foods, sweets, pastries, chocolates, soups, and gravies. Drink three quarts of distilled water and lots of fresh country milk daily. Take a wineglassful of olive oil about half an hour after meals, live an out-door life with plenty of exercise.

A SUBCRIBERS—Every morning I awaken with a sick feeling. The moment I put my foot on the floor, I feel nauseated. What do you advise?

Have your adenoids and tonsils removed and if necessary the turbinate
bones of the nose compressed so as to
allow more air space. Sleep in the open
air, live an outdoor life, obtain all the
sunlight and fesh air possible. Irrigate the nose and throat three times
a day with aikaline antiseptic find
diluted three times in water.

J. S. P.-Please prescribe for one hav-ing a poor digestion. 2 I have lost con-siderable weight, what do you suggest? Take ten grains of bicarbonate of sods and ten of calcined magnesia be-

#300 1-lb. Loaves to the Barrel.

"Good Luck"

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the cook begins using

good flour in the right

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SPECIFY

J. C. M.—Will you kindly give me some information in your column about abacesses in the throat?

Tonsils and teeth are mainly responsible for most of the human kind. Attention given to teeth and removal of the tonsils effects a cure.

fore meals and half a dozen bone charcoal tablets after eating. Keep your habits regulated. 2. Eat more noufishing foods, carrots, young peas, asparagus, spinach, boiled rice and potatoes, cereals, fresh and stewed fruits. Fruit juices squeezed in a glass are also very good. Take an active intereset in outdoor sports and exercise. Sleep in the open and keep your habits regulated. Sleep ten hours in the twenty-four and retire early.

M. F.-I suffer from severe cramps of the muscles of my feet and legs, also shooting pains. My toes often draw ender. What do you suggest?

This is usually due to too high blood ressure. excessive blood pressure. exessive muscular exercise, and kidney allments. Over-work, worry, and meat eating make them worse. Keep your habits regulated. Go to bed with a hot water bottle, even though it may be a warm night. Avoid meats, and before ed time take two effervescent bromide tabloids in a glass of water.

PERSONAL ADVICE.

Readers desiring a personal reply should remember: 1. To address inquiries to Dr. L. K. Hirshberg, care of The Washington

2 To enclose a stamped and addressed envelope.



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